



ROSEMOUNT HIGH SCHOOL BASEBALL

Youth Baseball Camp

I would like to invite all baseball players to come and learn baseball from the Rosemount High School Baseball Staff. We are excited to offer this premier camp on our campus. This camp will help you learn individual and team skills that will help you progress as a player. This camp will provide you with the tools to become a better player no matter what level you are currently playing.

Sincerely,

Coach Swansson
Head Baseball Coach
Rosemount High School

Typical Day

- 8:30 Form Running/Stretch
- 8:40 Throwing Progression
- 8:50 Round 1 Stations
(Hitting/Infield/Pitching/Catching)
- 9:35 Individual Competition of the Day
- 9:50 Water Break
- 10:00 Situational Trivia
- 10:10 Round 2 Stations
(Hitting/Outfield/Base running)
- 10:55 Wiffle Ball League
- 11:15 Team Competition
- 11:25 Daily Summary
- 11:30 Check-Out

Location: Rosemount High School
Varsity Baseball Field

Dates: July 12th-15th

Times 8:30-11:30
Monday, July 12th Check in 8:00

Ages: All 7-14 Year Olds as of
July 1st, 2010.

Equipment: All players must
furnish their own gloves, bats,
spikes, hat, and workout clothing.
Camp shirts will be provided and
prizes awarded.

All Registrations collected by
Athletics. Go to attached website
and create a username and
password.

<https://www.athletechs.com/athletechs/home.seam>



